

RECREATION MATTERS

Programming for Adults of All Ages



DANIEL HERRIGAN, MAYOR

City of Akron
Dept of Neighborhood Assistance
Recreation Bureau
Active Adult Division

October 2016

It's Adopt a Shelter Dog Month!

Columbus Day is October 10

National Fossil Day is October 12.

Count Your Buttons Day is October 21.

Halloween is October 31.

220 South Balch Street, Akron, OH 44302

(330)375-2839 (330)375-2852



akronohio.gov/activeadults

facebook.com/CityOfAkronAdultRecreation

City buildings, including Community Centers, may close or have shortened hours on holidays.



Fit For a Cause Halloween Cardio Costume Party



Friday, October 28 at 5:45pm

Ellet Community Center at 2449 Wedgewood Drive

Wear a costume and work out with the City of Akron Fitness Instructors at this nonstop cardio party. Sample some of the City's aerobic classes while supporting a good cause, and the best costume will win a prize! Water and snacks will be provided.

The entrance fee is \$10. Raffle tickets for gift packages will be available at the event for \$1 each or \$5 for 6 tickets. **All proceeds will benefit the American Cancer Society.**

No registration required. Call 330-375-2852 with questions.

Fun in the Kitchen with Rosemarie

Monday, October 31 at noon
Ellet Center, 2449 Wedgewood Dr



Make and decorate fun **Halloween cookies!** Bring a rolling pin and a container to take your cookies home. You'll also get Rose's cookie dough recipe. The **\$5** class fee must be paid by the

registration deadline of October 25.

Monday, November 14 at 12:00pm
Ellet Center, 2449 Wedgewood Dr

Impress your family and friends this holiday season with Rose's **pumpkin dip** and a rustic **pumpkin-apple galette**. You'll sample both dishes and take the recipes home.



The **\$5** class fee must be paid by the **registration deadline of November 8.**

Please allow 2 hours for all cooking classes.

Call Lisa at 330-375-2852 to sign up.

Let's Do Lunch

Wednesday, October 19 at 11:00am
Northwest Family Center at 1730 Shatto Avenue



Join Elaine for some Eastern European fare at **Al's Corner Restaurant** in Barberton. The cafeteria style restaurant was written up in Sterns' Roadfood as one of the *100 spots in the US not to miss*. The menu has lunch specials for \$7.50 and a sampler for \$9.00. All other items are reasonably priced, and of course, there is strudel! The 100 year old building also houses a **market** with a smoker used for Al's 16 varieties of homemade sausage as well as a wide selection of European foods.

After lunch we'll visit **Lake Anna** where, if the weather cooperates, we'll stroll around the lake or find a bench to sit for a few minutes and enjoy the natural beauty. Then it's off to a **local greenhouse** to see some autumnal plants. It will be a very pleasant event for our **last Let's Do Lunch of 2016**. Hope to see you there!

This is a Trolley only trip. There is no up-front charge; just bring money for your lunch and a little extra for any plants you find that you need to bring home!

Sign-up for this activity with Lisa by calling 330-375-2852.

Trolley Policy

All Trolley trip participants must return to the trip's point of origin on board the Trolley.



Hartville Kitchen & Collectables

Monday, October 17

10:00am at Northwest Center at 1730 Shatto Avenue

10:25am at Reservoir Park at 1735 Hillside Terrace

Take the Trolley to Hartville Kitchen for lunch. You do not want to miss the seasonal pumpkin torte! Then spend some time shopping in Hartville Collectables & Gifts or Hartville Bakery. There is no up-front cost for this trip. Just bring what you will spend on lunch and shopping with you.

Call Lisa at 330-375-2852 to sign-up.



Habla Espanol~Fall Session

Thursdays (October 6 - December 1), 12:30pm—1:45pm
Ellet Community Center at 2449 Wedgewood Drive

Join in or continue with this fall's **8 week Conversational Spanish Group**. It's perfect for people who already know a little Spanish and a great way to learn more or to keep your Spanish speaking skills strong by practicing what you know. The group will be lead by a native Spanish speaker who speaks English fluently.

The cost for all 8 weeks is only **\$20**. Mail your check or money order payable to The City of Akron to Adult Recreation, attention Lisa at 220 South Balch Street in Akron 44302.

Call Lisa or Rosemarie at 330-375-2852 to sign-up.

Vicki's Creative Circle

Black Drippy Electric Candles ~ \$10 for 2 candles



Oct. 6 at 10:00am—Reservoir Park, 1735 Hillside Terrace 330-375-2802

Oct. 19 at 6:00pm—Northwest Center, 1730 Shatto Ave 330-375-2849

Spooky! Join Vicki in turning a ho-hum white electric candle into spooky home décor in time for Halloween. This project takes a bit of time but you won't believe how fun the results are. Please bring a hot glue gun if you have one—we'll provide the glue.

Scarecrow/Snowman Door Décor ~ \$10

NEW DATE Oct. 17 at 6:00pm—Ellet Center, 2449 Wedgewood Dr 330-375-2809

Oct. 13 at 6:00pm—Kenmore Center, 880 Kenmore Blvd 330-375-2812



Is it a scarecrow or is it a snowman? It's both! We'll be creating a double sided project to hang on your door. In the fall it's a scarecrow but turn it over in the winter and it becomes a snowman. All supplies and instruction are provided. Please wear paint appropriate clothing and bring reading glasses as needed.

Save the Dates for November's projects!

Nov. 3 at 10:00am—Reservoir Park

Nov. 16 at 6:00pm—Northwest Center

Nov. 14 at 6:00pm—Ellet Center

Nov. 17 at 6:00pm—Kenmore

Sign-up with the Center where you would like to take each class.



Flu Shot Clinics

Flu season is just around the corner; protect yourself by getting a flu shot! Clinics are sponsored by Rite Aid. Bring your insurance card, as several will be accepted.

October 21, 12:00pm-4:00pm 330-375-2819
Patterson Park Center-800 Patterson Ave, 44310

October 24, 10:00am-12:00pm 330-375-2812
Kenmore Center-880 Kenmore Blvd, Akron 44314

October 28, 10:00am-12:00pm 330-375-2809
Ellet Center-2449 Wedgewood Dr, Akron 44312

November 1, 10:30am-12:30pm 330-375-2806
Firestone Park Center-1489 Girard St, Akron 44301

Call the Centers for more information.

Thank You



The Akron Marathon with Fitness Expo & Kid's Fun Run was Sept. 23-24

Thank you to the hundreds of volunteers who set-up the Fitness Expo, distributed runner packets and shirts and made the Expo happen; who worked at the Kid's Fun Run; who got runners ready at the start line, cheered the runners on, handed out fluids, made the exchange zones run smoothly, gave out medals at the finish line, and worked all along the course! **There would be no race without you!**

Get Recreation Matters Electronically

Get Recreation Matters emailed to you each month; just **send your email address to Lisa at LEllis@akronohio.gov**.



Remember to follow us on Facebook at
www.facebook.com/CityOfAkronAdultRecreation.



Adult Fitness Class Passes

Attend as many classes as you choose for one low price!

Passes are valid for all of the adult classes listed on pages 4 and 5.

Purchase a pass at any of the centers where classes are held or from the Active Adult office on Balch Street with a check or money order made payable to the City of Akron.



Buy a 6 month Pass for \$40 or a 1 year Pass for only \$60!

**Adults 65 and older may buy a
6 month Pass for \$30 or a 1 year Pass for \$45!**

For information about passes or classes contact Sally at 330-375-2839.

Aqua Boot Camp

A Low-Impact Full-Body Workout in the Water



**Monday, Wednesday, Friday
& Saturday at 12:00pm**

Balch Street Fitness at 220 S Balch St

Pilates

Non-Impact Resistance Strengthens &
Lengthens Muscles, Improving Balance,
Flexibility & Posture **Bring a Yoga Mat**

Monday at 5:00pm

CitiCenter at 146 S High St (4th floor)

Monday at 6:30pm

Firestone Park Center at 1480 Girard St

Tuesday & Thursday at 7:15pm

Balch Street Fitness at 220 S Balch St

Thursday at 12:15pm

CitiCenter at 146 S High St (4th floor)



Tighten & Tone

Core Building to Improve Posture
& Shape Muscles

Bring Weights, Water & a Mat

Tuesday & Thursday at 6:00pm

Ellet Center at 2449 Wedgewood Dr



Circuit Interval Training

Cardio combined with strength & core training,
including weights, battle ropes, mat work &
more, for individuals at all levels

Tuesday & Thursday at 10:30am

Balch Street Fitness at 220 S Balch St



Yoga

Restorative Stretch to Build Strength

Bring a Yoga Mat or Use a Chair

Monday at 9:00am

Ellet Center at 2449 Wedgewood Dr

Monday & Wednesday at 12:00pm

CitiCenter at 146 S High St (4th floor)

Monday at 4:00pm

Firestone Park Center at 1480 Girard St

Tuesday at 1:00pm

Lawton Street Center at 1225 Lawton St

Wednesday at 10:00am

Reservoir Park Center at 1735 Hillside Terr

Chair Yoga: Wednesday at 12:00pm

Northwest Family Center at 1730 Shatto Ave

Wednesday at 5:30pm

Ellet Center at 2449 Wedgewood Dr

***New Time* Thursday at 9:30am**

Kenmore Center at 880 Kenmore Blvd



Yoga for Kids

Hey, Parents & Grandparents!
You do yoga; now the kids in your life can too.
Check your Community Center for classes.

Active Adult Aerobics

Low-Impact, Perfect for Beginners & Seniors

Monday & Wednesday at 9:30am

Northwest Family Center at 1730 Shatto Ave

Monday at 11:30am

Lawton Center's Red Pepper Steppers
at 1225 Lawton St

Tuesday & Thursday at 9:00am

Ellet Center at 2449 Wedgewood Dr





Zumba Gold

Show Aging Who's Boss in This Lower Impact Dance-Fitness Class

Monday at 9:00am

Reservoir Park Center at 1735 Hillside Terr

Friday at 9:30am

Northwest Family Center at 1730 Shatto Ave

Friday at 5:00pm

Balch Street Fitness at 220 S Balch St



Zumba for Beginners

Learn Up-Beat Dance-Fitness Zumba Moves, Slowed Down & Broken Down for Beginners

Thursday at 5:00pm

Ellet Center at 2449 Wedgewood Dr



Zumba

Exciting Up-Beat Dance-Fitness Workouts

Wednesday at 6:30pm

Northwest Family Center at 1730 Shatto Ave

Wednesday at 6:30pm

Ellet Center at 2449 Wedgewood Dr

Thursday at 10:15am

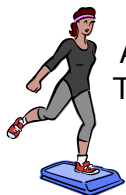
Ellet Center at 2449 Wedgewood Dr

Zumba Step

A Blend of Zumba & Step Aerobics Tones & Strengthens Glutes & Legs

Thursday at 12:00pm

CitiCenter at 146 S High St (4th floor)



Walk Your Way To Fitness

Dynamic Walking with Weights & Stretching for a Gentle Total Body Workout

Monday, Wednesday, Friday at 11:00am

Balch Street Fitness at 220 S Balch St



Adult Tap Class

Fun Intro to Tap Dance for All Ages

Wednesday at 7:15pm

Northwest Family Center at 1730 Shatto Ave

For more information call (330) 375-2849



Hip Hop Aerobics

An Energetic Collection of Urban Street Dance Styles to Keep You Fly

Monday & Wednesday at 6:00pm

Balch Street Fitness at 220 S Balch St



Cardio Rhythms

Fun High Energy Cardio to Burn Calories

Monday at 6:00pm

Ellet Center at 2449 Wedgewood Dr

Tuesday at 10:15am

Ellet Center at 2449 Wedgewood Dr

Tuesday & Thursday at 6:00pm

Firestone Park Center at 1480 Girard St



Step Aerobics

High Energy Combo of Step, Abs & Weights Strengthen, Sculpt & Add Stamina

Tuesday & Thursday at 6:30pm

Balch Street Fitness at 220 S Balch St



It's International Drum Month!



Akron Women Runners

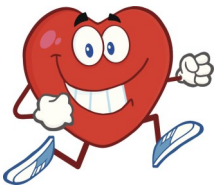
Wednesdays at 5:30pm & Saturdays at 8:00am

October 12–December 3, 2016

If you've considered running but don't know where to start or don't want to run alone, this **training program for beginner runners** is for you! The first meeting will be at the Ellet Community Center at 2449 Wedgewood Drive; future meeting locations are to be determined. The \$25 registration fee includes a t-shirt, a Fitness Class Pass for October and November and guest speakers. This program is limited to 10 participants. Runners will have the option to run a 5k in December (5k fee is in addition to the registration fee.)

Call the Center at 330-375-2809 with questions or to register.

Free Health & Wellness Workshop



**October 17 at 6:00pm
Patterson Park Center
800 Patterson Avenue**

Join Gina, a certified instructor, at this introductory workshop to **learn about and try the new fitness programs at Patterson Park**. Yoga is a relaxing and restorative practice for your mind, body and soul. Fitness Walking will help you get the most out of your daily walking. Stretching with resistance bands and elevation blocks improves flexibility and core muscle strength. Muscle Toning uses weights for strengthening and toning. Pre-registration is recommended, but drop-ins are welcome.

Call the Center at 330-375-2819.

Open Craft Studio

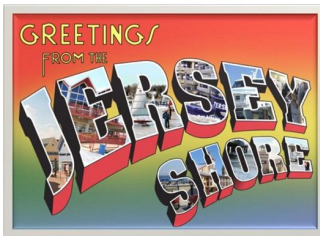
**Thursdays (except Oct 6), 10:00am
Northwest Center
1730 Shatto Avenue**



Bring your own project or use the provided supplies for \$10. Vicki will be on

hand to help and craft along with you.

Call 330-375-2849 for more info.



Travel with the Ed Davis Seniors

To Wildwood, NJ in June of 2017

This trip includes an outing to Atlantic City resorts, 2 evenings of entertainment, 5 side trips, 4 breakfasts and 4 dinners for \$480. A \$60 deposit is required to hold your spot. Make checks payable to Ed Davis Seniors.

**Contact Jean at 330-535-6327,
Terry at 330-865-3675 or
Bea at 330-867-4695 for info.**

Travel with the Joyful Seniors

October 22, 2016 8:00am-8:00pm

Everyone's welcome on this trip to the **Rivers Casino** in Pittsburg. The trip is \$35 and includes \$15 of free play!

Reservations and payments must be made with the Joyful Seniors by **October 15.**



**Contact Pat at 330-724-5796
or Mary at 330-630-9908
For more information.**

Please Join Us!

Joy Park Center at 825 Fuller St

The Joy Park Seniors wish to invite you to attend their weekly Tuesday meetings.

October 11, 1:00-2:30pm

Holly Calhoun, EANDC, will speak about Community Programs.

October 18, 1:00-2:30pm

Emily Tricaso, Silver Solutions will speak on Medicare/Medicaid insurance programs.

October 25, 1:00-3:00pm

Halloween Party with food, soda, candy, games, and raffle tickets. Join the fun! Donations accepted.



Call 330-375-2805 with questions.

Crochet Club

Wednesdays, 10:00am

Patterson Park Center

800 Patterson Avenue



Learn the handicraft in which yarn is looped with a hooked needle to make patterns. Create conversation pieces for you or your friends. Instructions are free. Some supplies are on hand to borrow and use, but it's recommended that you bring supplies.

Call 330-375-2819 for more info.